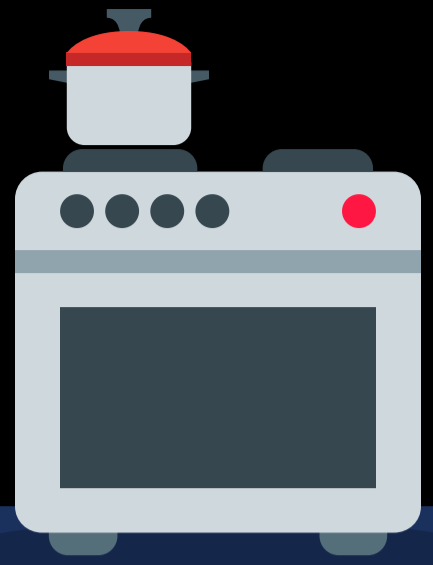


War Time Food

War Time Carrot Cake

This war time carrot cake would have been used in WW2 when food was rationed. The carrots were used as a natural sweetener.



Ingredients

230g Self raising flour
85g Margarine
85g Sugar
115g Grated carrot
55g Sultanas
1 Egg
A little bit of milk

Step 1 Preheat the oven to 200°C / Gas mark 7

Step 2 Sift the flour into a mixing bowl and rub in the margarine.

Step 3 Add sugar, carrot, sultanas and egg. Mix well and then add sufficient milk or water to make sticky.

Step 4 Pour mixture into a lined baking tin and cook in the oven for 40 - 45 minutes or until golden in colour.

Sit back and enjoy!

